

**Product Spotlight:
Rosemary**

Keep leftover rosemary sprigs in water on your kitchen bench. They will develop roots after 2-3 weeks!



Fish Provençal

with Rosemary Baby Potatoes

White fish fillets diced and cooked in the style of the Provençal region of France with a simple, flavourful stew of tomato, onion, zucchini and olives, served with rosemary baby potatoes.



25 minutes



2 servings



Fish

Roast it!

Instead of making boiled potatoes, roast them! Halve or slice potatoes, toss on a lined oven tray with oil, rosemary, salt and pepper and roast until golden and crispy.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	16g	52g

FROM YOUR BOX

BABY POTATOES	400g
ROSEMARY SPRIG	1
BROWN ONION	1
GARLIC CLOVE	1
TOMATOES	2
ZUCCHINI	1
TOMATO PASTE	1 sachet
KALAMATA OLIVES	1 tub
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, 1 stock cube (chicken or vegetable)

KEY UTENSILS

large frypan, saucepan

NOTES

Garnish with dried chilli flakes and finely chopped fresh herbs such as rosemary, oregano or parsley.



1. COOK THE POTATOES

Halve **baby potatoes** and add to a saucepan. Cover with water and boil for 10–15 minutes until tender. Drain potatoes and return to pan, see step 5.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Chop **rosemary leaves** (reserve half for step 5) and slice **onion**. Add to pan as you go along with crushed **garlic** clove and **1 tsp oregano**. Sauté for 5 minutes or until softened.



3. SIMMER THE STEW

Dice **tomatoes** and **zucchini**. Add to pan along with **tomato paste**, **1 cup water** and **1 stock cube**. Cook, covered, for 8–10 minutes until vegetables are tender.



4. ADD OLIVES AND FISH

Rinse **olives** and **fish fillets**. Dice fish. Add to stew and cook for a further 5–6 minutes or until fish is cooked through. Stir through **2 tsp olive oil**. Season to taste with **salt and pepper**.



5. TOSS THE POTATOES

Return potatoes to saucepan and toss over medium-high heat with reserved rosemary, **1–2 tbsp olive oil**, **salt and pepper**.



6. FINISH AND SERVE

Divide potatoes among shallow bowls. Serve with fish stew (see notes).



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